

An Essay
on
Hygiene
Respectfully Submitted
To the Faculty of the
Homoeopathic Medical College

Of Pennsylvania
on the
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One thousand eight hundred & fifty three
by
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H_eHygiene may be strictly defined to be the art of preserving the body in health; this term has been also used to imply the art of restoring health to the body when diseased, not only by the aid of Medicine, &c., but by the proper regulation of diet, temperature &c. The study of Hygiene derives its source from a proper knowledge of the science of Physiology, in the same manner as the Therapeutic art springs from the science of Pathology. As the study of Anatomy is indispensable for the successful practice of Surgery, so is the study of Physiology requisite for the practice of Medicine. & on this study necessarily depends a good knowledge of the art of Hygiene. Every individual

possesses some knowledge of this art & were
he to reduce this knowledge, trifling as it
may be, to practice, many of the evils to
which the human family is subject in
the shape of diseases would be diminished
or would fall with less violence. Thus
every man possessing that reason inher-
rent to his nature, knows that it is
prejudicial to his health, to indulge his
passions to excess, which may be consi-
dered the exciting cause of most of the
diseases which befall mankind. We are
often astonished when contemplating
to what an old age our forefathers lived,
& this longevity can be attributed to no
other cause, than to a strict observance
of the Hygienic rules. But the most
strict observance of this art is in many

cases insufficient to ward off disease, for since the fall of our first parent Adam the whole human race was condemned to suffer & be subject to disease. Medicine was very early brought into use & gained great repute for its extraordinary power of preventing & warding off disease. But the abuse which has been made of this valuable remedy leaves it to this day a matter of undeniable evidence that far more have perished beneath its influence than have been saved by it. Such results alone can follow when the practice of Medicine is not based upon well founded principles, but the system of practice established by Hahnemann half a century ago aims at nothing less than the total annihilation of the old system.

which so endangers the life of the patient &
has caused such dreadful ravages everywhere.
This new system termed Homoeopathy, which
although it has met & still does meet great
opposition, nevertheless flourishes & bravely
withstands all opposition, for it is based
upon the rock of truth, The law Similia
Similibus curantur by which the system
instituted by Hahnemann is guided, is a strong
argument in testimony of its truth, Homoeo-
pathy has in fact gone through an ordeal so
severe, that were it not based upon prin-
ciples strictly true, it must long since have
been crushed, but having won for itself de-
servedly the title, (*Veritas vicit*), it will
invariably triumph over all error, This is the
only practice of Medicine by which health
can be effectually restored to the diseased.

body when medical aid is requisite, none of those disastrous consequences which must necessarily be the result of Allopathic practice no matter how well conducted, can ever take place under Homoeopathic treatment. That cures have been effected in some cases under Allopathic treatment, were folly to deny, thus relief may be afforded & a cure effected by Allopathy or some such empirical practice, in acute cases, but chronic diseases by which the vital action of the system is so impaired, that nature of herself is unable to expel the dire evil sapping the foundation of health & slowly but surely dragging its unfortunate victim to an untimely grave, prove the superiority of Homoeopathy over any other practice of Medicine in its efficacy in removing those diseases & restoring the patient

to a new life. Chronic diseases afforded Homœopathy a wide field for displaying its worth, notwithstanding the prejudices existing against it from all classes. It was confessed by impartial observers that Allopathy was inefficient in those cases to perform what Homœopathy effected, thus Homœopathy may be said to have risen on the partial downfall of Allopathy & will probably in the space of half a century possess as many votaries as Allopathy possesses at present. Homœopathy will lead the sway, whilst Allopathy will sink on account of its own insignificance. A strict attention to diet is an essential branch in Homœopathic treatment, & in fact several acute cases can be cured much more easily by the strict observance of

diet alone than if Medicine were administered. Almost every species of Medicine whether procured from the animal, vegetable or mineral kingdom is in itself poisonous & unfit to undergo the process of assimilation in the human organism, therefore it follows that the practice which prescribes the least quantity of Medicine, (provided diseases can be effectually counteracted & health restored to the body in as short a space of time, as by that system of practice which prescribes Medicine in large quantities) is by far the best & most worthy of adoption. But daily experience convinces us more & more of the superiority of Homoeopathy over any other mode of treatment in its efficacy in removing diseases quicker & with less

risk the human frame not being weakened
in any of its powers after the disease has
been overcome by this admirable system
of practice. Hygiene is an art indispens-
able for the study of every Physician,
for by the proper application of this art,
many diseases of a most fatal or contagious
nature may be cut short before time be
allowed for their full developement, But
how few there are who give much at-
tention to this most important art,
even Physicians are frequently apt to
forget the good resulting from its Most
diseases may be said to arise from
a transgression of the Hygeienic rules
if those rules be strictly attended to,
the progress of diseases in the incipient
stage may be checked, Nature herself

must perform the task, medicine can do no more than assist nature. Allopathic Physicians pay but little attention & seem to attach no importance to that good which may result from a proper regulation of diet, in fact they depend entirely on their massive drugs, on their bleeding & leeching & expect by these unnatural means to be able in a manner to face nature to expel the disease, but they are sadly mistaken, for they overwhelm nature & render her unable to expel the disease which might have been eradicated, had they not interfered with nature. What person is there who has been subjected for some length of time to Allopathic treatment, does not feel his constitution weakened if not for a

short time succeeding this treatment, perhaps
for his whole life time. It is time that
this mode of treatment should be opposed.
Homoeopathy is gaining ground & threatens
the utter annihilation of Allopathy so ter-
rible in its results to the human race.
According as people are becoming more
enlightened, so will this true system
of Medicine receive its due merit from
the publick. A strict attention to
the Hygienic rules will be inculcated,
by those advocating the cause of
Homoeopathy & mankind will eagerly
resort to this system for relief, when
oppressed with evils in the shape of
diseases, because its truth will be uni-
versally acknowledged, whilst Allopathy
will be mentioned among the things.

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